

PROTECT YOURSELF AND YOUR FAMILY AGAINST WHOOPING COUGH (PERTUSSIS)



Help educate those who care for your baby

**Ask your healthcare professional about
whooping cough vaccination today**

Brought to you by



What is whooping cough?

Whooping cough, also known as pertussis, is a very contagious disease that can cause serious illness in adults, children, and infants. At first, whooping cough can seem like a common cold, but the illness can cause severe coughing spells, vomiting, and disturbed sleep. The cough can become severe after 1 or 2 weeks and may last for months.

Whooping cough may lead to weight loss, incontinence, rib fractures and passing out from violent coughing, and pneumonia. **Some patients are hospitalized as a result of these complications.**

How might my new baby get whooping cough?

Whooping cough is usually spread when a person who has the disease coughs or sneezes while in close contact with others, who then breathe in the whooping cough bacteria.

Whooping cough is known to spread within households. It is common for adult or teenage family members to infect infants.



Unvaccinated adults and teenagers can spread whooping cough to infants

- Older brothers and sisters or parents may not realize they have whooping cough
- Complications are often worse in infants and may lead to hospitalization

What can happen to infants who get whooping cough?

Infants who have whooping cough can cough violently and quickly—again and again—until all the air is out of their lungs. Then they will inhale with a loud “whooping” sound. According to the Centers for Disease Control and Prevention (CDC), whooping cough is worse for very young children.

- More than half of infants younger than 1 year of age must be hospitalized
- About 1 in 10 children with whooping cough gets pneumonia
- Although rare, other complications may include seizures, brain disorder, and even death

Whooping cough occurs in all age groups and many communities. However, infants have the highest risk for severe illness and complications.



How can I help prevent myself—and my new baby—from getting whooping cough?

One of the most effective ways to avoid getting whooping cough is to be vaccinated. The CDC recommends vaccination to help reduce the spread of whooping cough to infants by preventing adults from getting sick.

Today, there is a booster shot for teenagers and adults that protects against tetanus, diphtheria, and whooping cough. This booster is known as Tdap.

The CDC recommends Tdap vaccination to replace one dose of Td (tetanus and diphtheria) for all adults aged 19 to 64 years, especially:

- People who live with or take care of infants less than 1 year of age
- Women who might become pregnant
- New mothers—before leaving the hospital
- Healthcare personnel



Whooping cough gets around

Consider the many places that you, your family, and your infant can come into contact with whooping cough bacteria:

- School or day care facilities
- Healthcare settings
- An office or other environment where you have close contact with many coworkers

Make sure that people with close contact to your baby get protected: these could include caretakers, family, friends, and playpals. *Tear off the attached cards on the next page* and give them to people who come into contact with you or your baby.

**Ask your doctor
about whooping
cough vaccination
today!**



Spread the word about whooping cough

***Tear off
the attached cards
and give them
to people who come
into contact
with you
or your baby.***



For Moms and Dads

Help protect yourself and your baby.

This card was given to you by a friend or loved one who's concerned about whooping cough—a highly contagious disease. Adolescents and adults can easily spread whooping cough to infants, who can have the most severe symptoms:

- More than half of infants less than 1 year of age with whooping cough must be hospitalized
- About 1 in 10 children with whooping cough gets pneumonia
- Although rare, other complications from whooping cough may include seizures, brain disorder, and even death

At first, whooping cough can seem just like a regular cough or cold, but the illness can get worse. It can include a persistent, hacking cough severe enough to cause vomiting and even break ribs. Whooping cough can last up to 3 months or more—and some patients require hospitalization as a result.

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For Grandparents

Help protect yourself and your grandchild.

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For Friends

Help protect your friends and their babies by helping to protect yourself.

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For Babysitter/Nanny

Help protect yourself and the babies you care for.

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How can you help protect babies from getting whooping cough?

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